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THE
Poor Widows
n
MITE

In Seven MEDITATIONS.

TOGETHER

*With a serious Meditation, to be
said of Women with Child, at the
Time of their Deliverie.*

All very comfortable, and useful for the People of GOD, And which may be sung with the Tune of any Psalm, or other Tunes fitting thereunto.

*Psalm. 119. 15. I will meditate in thy precepts,
and have respect unto all thy ways.*

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The First Meditation.

A H helpless Wretch, what shall I do ?
or which way shall I rune ;
The Earth bewrays, and Heaven records,
The sins that I have done.
The gates of Hell wide open stand,
for to receive me in,
And fearful Fiends already be,
to torment me for sin.
Alace, where shall I succour find ?
the Earth doth me deny,
And to the secret Heavens above,
I dare not lift mine eye.
If Heaven and Earth shall witness be,
against my Soul for sin,
Untimely-birth, alace, for me
much better then had been.
And now despair approacheth fast
with bloody murdering knife.
And willeth me to end my grief,
by shortning of my life :
Shall I despair ? thou God forbid,
for mercy more is thine ;

Then



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Then if the sins of all the World
were linked now with mine,
Despise not then, most loving Lord,
the Image of thy face,
Which thou hast wrought, and dearly bought,
with goodness of thy Grace.
And sith the bloody price is pay'd,
and bitter pains all past;
Receive my plaints, accept my spirit,
and mercy grant at last:
So shall my Soul, Rejoice, Rejoice,
and still for mercy cry,
Peccavi, Peccavi, Miserere Mei.

The second Meditation.

THOU God! who rulest and reign'st in light,
that flesh cannot attain,
Thou God! who knows the thoughts of men
are altogether vain:
Thou God? whom neither tongues of men,
nor Angels can express;
Thou God! it is, that we do seek,
Oh, pittie my distress.
Thy seat, O God! is every where,
thy power, all powers transcend,
Thy wisdom cannot measured be,
for that it hath no end.
Thou art the power, and measure too,

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and sole felicitie ;
But I a lump of sinful flesh,
Nurse of iniquitie,
Thou art, by nature mercifull,
and mercy, is thy Name ;
And I by nature, miserable,
the thrall of sin and shame.
Then let thy Nature. O good God !
now work his force on me,
And cleanse this nature of my sin,
and heal my miserie.
One depth, O Lord, another craves,
my depth of sinful crime,
Requires the depth of mercy great,
for saving health in time :
Sweet Christ, grant that the depth of Grace,
may swallow up my sin ;
That I thereby may whiter be,
then ever Snow hath been.
So shall my Soul, Rejoice, Rejoice
and still for mercy cry,
Peccavi, Peccavi, Miserere Mei.

The third Meditation.

BEfore thy face, and in thy sight,
have I committed shame :
O Lord, transgressed willingly,
I do confess the same.

Yet

Yet was I loth that men should know,
or understand my fall ;

Thus feared am I, more then Thee,
thou righteous Judge of all.

So blind was I, and ignorant,
yea rather, wilfull blind,

That suckt the Comb, and knew the Bee
had left the sting behind.

My sins, O God, to thee are known,
there is no secret place,

Where I may hide my self, or them,
from presence of thy Face.

Where shall I then my self bestow ?
or, who shall me defend ?

None is so loving as my God,
thy Mercies have no end.

Indeed I grant, and do confess,
my sins so heinous be,

As mercy none at all deserves,
but yet thy propertie ;

Is always to be mercifull
to Sinners in distress,

Wherefore, thou wilt declare, and shew
thy great Almightyness.

Have mercy, Lord, on me therefore,
for thy great mercies sake ;

Who canst not righteous men to call,
but Sinners part to take.

Where-

Wherefore, my Soul, be glade, be glade,
and cry incessantly;
Peccavi, Peccavi, Miserere Mei.

The fourth Meditation.

MOST gracious God, do not behold
the number of my sin,
Nor yet consider, with my self
how wicked I have been:
But rather think I am but Dust,
or as the withered Hay;
Which flourisheth to day in field,
to morrow thorn away.
My Flesh rebels against my Sprite,
my Sp'rit too weak is found;
By sin conceiv'd in Mothers womb,
my Soul first caught her wound,
My Flesh is frail, too weak, and vaine,
to do the thing I should,
And what I would, not that I doe,
contrarie that I would.
Thou seest, O Lord, how weak I am,
not able for to stand,
Without the succour, help, and aid,
of thy most mighty hand:
And what is he? that will not stay
the man that's like to fall,
Or will refuse the sick to help?

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for help when he doth call.

If thou wilt lay unto my charge,
the burden of my sin,

O Lord, the conquest is but small,
that thou thereby shalt win.

For why, thy Glory, and thy praise,
in mercy both consist,

Unto the which I yeeld my self
to do with, what thou list.

My Soul shall trust in Thee, in Thee,
and still for mercy cry.

Peccavi Peccavi, Miserere Mei.

The fifth Meditation.

IF I demand, what mercy is
to God ? will answer me,

That mercy is the abundance great
of thy divine pittie,

Wherewith thou view'st the afflicted sort,
that on the Earth doth lie :

And what is this compassion then ?

but proofes of thy mercy,

Our Fathers old, the same have felt,
and now in rest do reign ;

And thou art still the self same God,
for ever to remain,

Our Fathers were conceiv'd in sin,
and so are we likewise ;

Wile

Wilt thou compassion shew to them,
and Children not despise.

One faith in Christ, we all profess,
one God, in Persons three ?

As thou compassion hadst on them
compassion have on me.

Ponder, O God ! all my desires,
most humbly do I crave,

And do away all my misdeeds,
and so compassion have :

And as of Sinners many one,
whose number is unknown,

Thou didst vouchsafe to draw to thee,
and make them all thine own ;

So now vouchsafe, most gentle God,
likewise to draw me in,

And make me righteous by thy Grace,
forgiving me my sin.

So shall my Soul, Rejoice, Rejoice,
and still for mercy cry,

Peccavi, Peccavi Miserere Mei.

The sixth Meditation.

Most mighty God, I do confess,
ten thousand times and more,

Thou hast me washed from my sin,
and cured still my sore ;

But I through sin am fallen again,

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and fouler now am made,
Then ever was the filthie Swine,
with the mire overlaid:
How oftentimes shall we forgive
each other that offend?
Seventie times seven, the Scripture saith,
which signifies no end.
If man to man such favour shew
that wretched Captives be,
How much more, Thou, O gracious God,
to them that call on Thee.
It is thy Nature to forgive,
my nature can but fall,
Though thou be just in all thy Works,
thy Nature passeth all.
What time a Sinner doth repeat,
and turn to thee at last,
All sins foredone thou wilt forgive,
thy promise so hath past.
Behold, O God, I turn to Thee,
with sorrow for my sin;
And do repent even from my heart
that I so lewd have been:
Now wash me, Lord, yet once again,
with fountain of thy grace;
That I among the sacred Saints,
with Thee may have a place.

B.

My

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My Soul shall trust, in Thee, in Thee,
and still for mercy cry,
Peccavi Deus, Peccavi, Ab Miserere Mei.

The seventh Meditation.

Likeas the guilty prisoner stands,
before the Judge so rude,
With quaking breath, and trembling limbs
his judgment to abide ;
Even so, O God, before thy face,
in fearfull state I stand,
And guilty cry to Thee my Judge,
and now hold up my hand.
Nothing have I to plead for life,
no goodness is in me ;
Of Sin, deceit and Wickedness,
guiltie, good Lord, guiltie.
Thus by thy righteous Doom, O Lord,
and sacred Law divine :
Condemn'd am I to endless pain,
through just deserts of mine :
Alace, what then is to be said ?
or, what is to be done ?
For mercy, Lord, will I appeal
to Jesus Christ thy Son.
For never yet it hath been heard,
since first the world began,

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That Jesus Christ did turn his face
from any sinful man :

Which unto him for mercy came,
with sad repenting mind ;

O Lord, shall I then be the first
that shall no mercy find ?

Shall I be he thou wilt despise ?
that humblie comes to Thee,

No, no, sweet Christ, thy promise is
for to deliver me.

Wherefore my Soul, be glade, be glade,
and cry incessantly,

Peccavi Deus, Peccavi, Ah Miserere mei.

F I N I S.



**A Meditation to be said
of Women with
Child.**

*In time of Trouble call on me,
And I will then deliver thee.*

The time draws near of painful Throes,
How long I shall the same endure God knows?
O Lord, my God, I humbly ask of Thee,

Make

Make halfe sweet Christ, and safe deliver me.

Although my fins deserved have right well
Such pains as this, yea more then tongue
(can tell,

Yet ah, my God, turn not away thy face,
Nor me forsake in this so sharp a case.

This womb, & fruit, that springeth in the same,
Hast thou creat, to glory of thy Name,
Opprest with pain, O Lord, when I shall be
Make less the same, so much as pleaseth thee

And grant, good God, thy creature may proceed
Safely alive, with mercy at my need ;

In Christ his Name, I will my travel shew
Now holy Ghost come comfort me in wo

Come Father dear; & let thy power descend
O Jesus Christ, thy Mercy great extend :

Ah God, behold my dolour, and my fin
 Sweet Holy-Ghost, my Comforter thou a

Take part with me, and hear my woful cry,
Exaudi me, Miserere Mei.

E. J. INSLEY

9 JUL 32

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